

DEMENTIA RISK REDUCTION



YOU CAN REDUCE YOUR
RISK OF DEMENTIA BY UP TO

70%

Take a quiz to find out
what you can do to reduce
your risk of dementia:

idph.iowa.gov/save-your-brain

SAVE YOUR BRAIN

PRESERVE YOUR MEMORY AND THINKING SKILLS

EAT WELL



Berries – like blueberries and strawberries



Leafy greens – like spinach and kale



Fish – especially salmon and fresh tuna

GET MOVING



Aerobic exercise



Resistance training



Balance and flexibility training

STAY SHARP



Read a book and discuss with others



Learn something new – like an instrument or language

BE SOCIAL



Talk to people you can rely on



Establish a circle of friends